



Cardio Class Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|---|---|
| | 5:45am - 6:30am Reserved fitCAMP | 5:45am - 6:30am Reserved fitCAMP | 5:45am (45min) Met Melt Velma | 5:45am - 6:30am Reserved fitCAMP | 5:45am (45min) Met Melt Velma | |
| | 6:35am (45min) Vinyasa Yoga Lara F | 6:35am (45min) Total Strength Ellen | 6:35am (45min) Vinyasa Yoga Lara F | 6:35am (45min) Total Strength Ellen | | 8:30am - 9:30am Reserved fitCAMP |
| 9:30am (45 min) H.I.I.T. Mitch | | | | | | 10:00am (45min) Met Melt Velma |
| | | | | | | |
| 10:30am (60min) Yin Yoga Kelli | 11:10am - 11:55am Reserved fitCAMP | 11:10am - 11:55am Reserved fitCAMP | 11:30am (30min) Tabata's Sandra | 11:10am - 11:55am Reserved fitCAMP | 11:45am (40min) Met Melt Velma | |
| | 12:00pm (30min) Kickboxing Charles | 12:00pm (30min) Vinyasa Yoga Lara F | 12:05pm (25min) Hard Core Sandra | 12:00pm (30min) TRX Training Charles | 12:30pm (45min) Vinyasa Yoga Kelli | |
| | 12:35pm (40min) TRX Training Charles | 12:35pm (40min) Boot Camp Reva | 12:35pm (45min) Vinyasa Yoga Kelli | 12:35pm (40min) Boot Camp Kim | | |
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| | 5:15pm - 6:00pm Reserved fitCAMP | 5:15pm - 6:00pm Reserved fitCAMP | | 5:15pm - 6:00pm Reserved fitCAMP | | |
| | 6:05pm (40min) Cardio Camp Ellen | 6:05pm (40min) Toning Melissa | 5:45pm (45min) Shake & Shred Melissa | 6:05pm (40min) Barre Intensity Kelsey | | |
| | 6:50 pm (20min) Power Core Ellen | 6:50pm (20min) Core Circuits Kim | 6:35pm (60min) Turtle Flow Yoga Maggie | 6:50pm (20min) Core Circuits Kelsey | | |

Spinning Class Schedule

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|--|--|------------------------------------|--|------------------------------------|------------------------------------|
| | 6:30am (45min) Lily | 6:30am (45min) Brooke | 6:30am (45min) Jessie | 6:30am (45min) Brooke | 6:15am (45min) Amanda | |
| | | | | | | 8:45am (60 min) Velma |
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| | 12:00pm (30min) Sprint Spin Kim | | | 12:00pm (30min) Sprint Spin Kim | | |
| | | | | | | |
| | 5:45pm - 6:45pm Reserved Womens Fitness | 5:45pm - 6:45pm Reserved Womens Fitness | 5:35pm (45min) Kim | 5:45pm - 6:45pm Reserved Womens Fitness | | |